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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

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FAT-BOTTOMED COPS: BY (DAIRY) QUEEN

POLICE AND ARMED FORCES STRUGGLING TO FIND A FEW GOOD MEN WHO CAN ALSO PERFORM A FEW GOOD PUSHUPS

PAGE 12

Rules are made to be broken

Don't let fashion magazines dictate your own style — there's nothing wrong with a little double denim PAGE 17

Russia grants visa to gay city councillor

Tim Stevenson plans to lobby for LGBTQ rights at Sochi PAGE 6

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High and dry — and in trouble

Hempology 101.
Club riles UBC student admin with alleged on-campus cannabis use

KATE WEBB
kate.webb@metronews.ca

A staffer reaches for a vapourizer Wednesday at the B.C. Marijuana Party headquarters in Vancouver. KATE WEBB/METRO

What is a vapourizer?

A vapourizer is a device used to vapourize the active ingredients of a plant or herb, typically marijuana or tobacco, without burning it. In the case of marijuana, the active ingredient, THC, begins to vapourize at temperatures above 126 C and is collected in a tube or bag and inhaled.

Ain't no party like a UBC vapour party — because that's the kind of party that can get you expelled.

Student administrators at the University of British Columbia are investigating the campus's Hempology 101 club for holding an indoor 4:20 meeting last week enticing people to "stay dry and get high" in the Student Union Building (SUB).

Club treasurer Corbin Manson did not respond to repeated interview requests from Metro, but after he spoke to the UBC student newspaper the club posted a statement on its website calling the party "wildly successful."

"I want to set the record straight: There is no conclusive evidence that Hempology 101 has broken any laws," wrote one of the executives (it is unclear which one).

"The accusations stem from our alleged cannabis use during our meeting. These allegations are designed to discredit our club and marginalize our members; these allegations are unfounded.

"The (Alma Mater Society) would love to paint us as nothing more than rowdy, law-breaking drug-abusers because this would make us easy to punish and ignore."

The student paper, the Ubyssey, reported that 25 people attended the meeting and a towel was placed under the door to keep the vapour in.

B.C. Marijuana Party spokeswoman Jodie Emery said that it is possible the club's members weren't breaking any laws if those who used the vapourizer had licences to use medical marijuana.

But if they didn't, vapourizing in the SUB would constitute non-academic misconduct. The Alma Mater Society refused repeated interview requests from Metro, but council president Caroline Wong released a brief statement: "As per our policies, any illegal behaviour is grounds for expulsion. We will be investigating this claim thoroughly."

The club said on its website it is worried about future meetings getting crashed by undercover police, but campus RCMP spokesman Sgt. Drew Grainger said the club is not currently on their radar.

"I can tell you we're not actively involved in this at all," he said. "Unless we are given specific information about a crime taking place, we'll of course look at that, but we've had no reports to indicate that."

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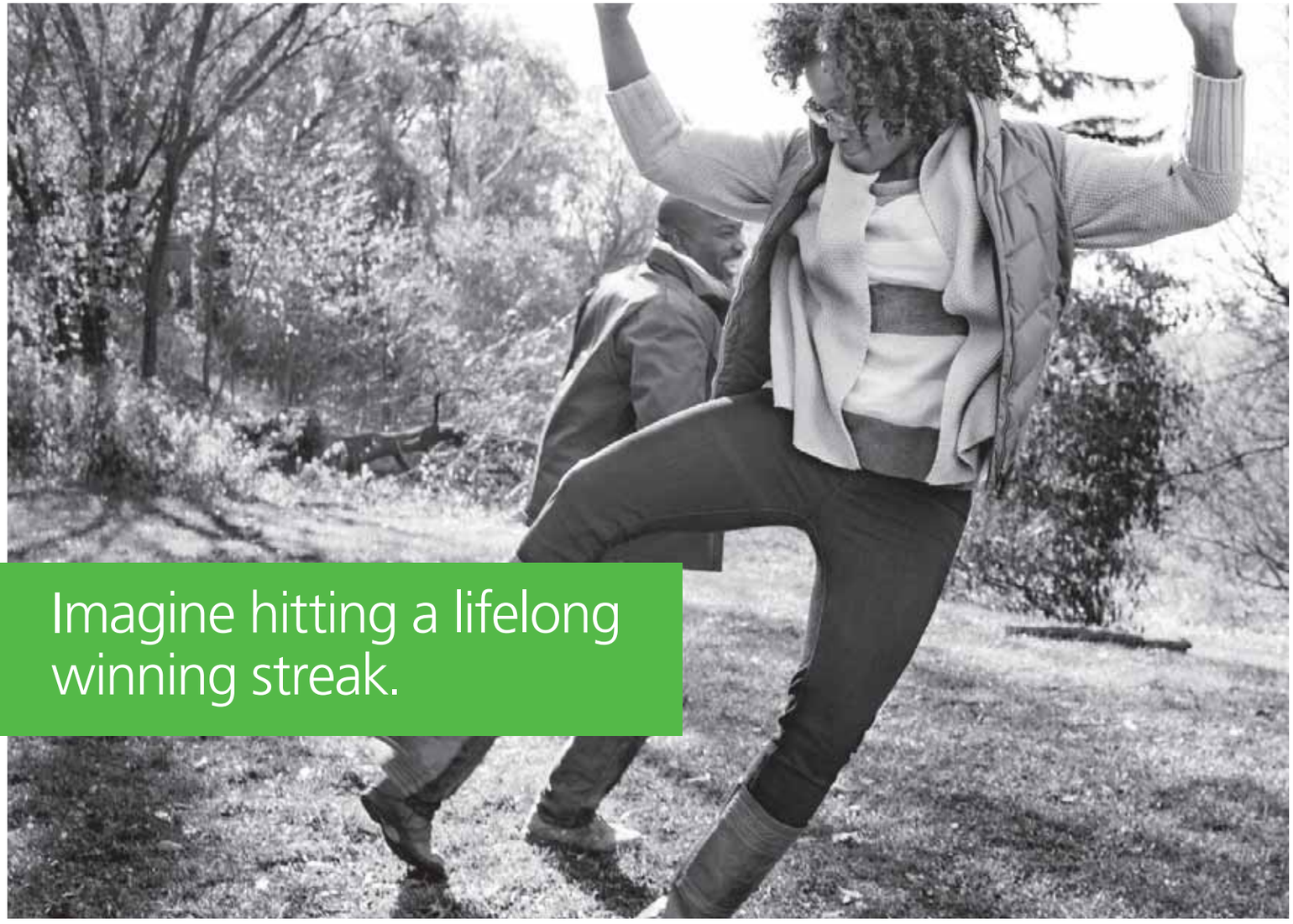

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Ratapooey.
Rodents in Downtown Eastside carrying C. difficile

Just when you thought the reputation of urban rats couldn't sink any lower, new research has proven the critters carry bacteria that causes diarrhea in humans.

B.C. scientists found Clostridium difficile in the poop of 13 per cent of Rattus rattus and Rattus norvegicus in the Downtown Eastside, according to research published in the Journal of Applied and Environmental Microbiology in December.

C. difficile causes diarrhea and intestinal disease in people, especially small children and pets.

While the study doesn't show whether rats can actually transmit the bacteria to people or other animals, it's the first to investigate whether the pests carry more than the plague.

The research is part of the Vancouver Rat Project, the first study in Canada to research urban rat populations to see if they pose a health risk to humans living in close proximity.

It involves samples from more than 700 wild rats from one of Canada's poorest neighbourhoods, a veritable hotbed of the creatures due to its old buildings and proximity to the port.

"This study shows that we should broaden our perspective on the harmful bacteria that rats could carry in order to better understand the full scope of potential rat-associated health risks," according to a summary by the Vancouver Rat Project.

Rats carrying the bacteria were most frequently found in the block to the northwest of Main and Hastings and the southwest of Main and Keefer.

EMILY JACKSON/METRO

Simon Whitfield went paddle-boarding off Vancouver Island on Jan. 12. SIMON WHITFIELD/TWITTER

Olympian to search and rescue: No thanks, I'm fine

Simon Whitfield. Onlookers were worried about paddle-boarder, but triathlete was in no distress at all

LUKE SIMCOE
Metro Online

For retired Olympian Simon Whitfield, paddle boarding in freezing water and gale-force winds is just another day at the office.

The record-setting triathlete caused a stir Monday afternoon, when onlookers — as well as a nearby lighthouse keeper — spotted him in the water near Trial Island and contacted search and rescue.

Expecting someone in distress, rescue staff rushed to scene and found an amused Olympic medalist instead.

"The crew arrived on scene just (northwest) of Trial Island to find Simon Whitfield in no difficulty at all. In fact, he was having a blast in the swells," read a Royal Marine Search and Rescue (RCMSAR) Facebook post.

Whitfield was wearing a drysuit and was comfortable in the heavy weather, but he did take the crew's advice to buy a VHF radio with built-in GPS.

"Although not required, a VHF radio is the most important piece of safety gear," wrote RCMSAR staff.

"For small craft like paddle boards, we recommend a VHF that floats."

In a series of tweets — including one soaking-wet selfie — Whitfield chronicled his paddle-boarding trip and thanked search and rescue workers for their concern.

"These guys were all class," he said.

On the web

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Witness emerges. Police reopen investigation into man peeing on memorial

The case of the man peeing on Vancouver's Komagata Maru Memorial has been reopened after a key witness came forward Wednesday.

No charges were laid after an "extensive investigation into the incident was completed," police said Tuesday regarding the Dec. 3 incident where a man urinated on the memorial in front of members of the South Asian community.

But on Wednesday, after numerous online comments suggesting the man should have at least had to pay a bylaw fine for public urination, police said the investigation is "ongoing."

"The primary witness, who was previously reluctant to assist investigators, came forward and has now provided important details in regards to what took place at the memorial," Sgt. Randy Fincham said in an emailed statement.

Police say the suspect's mental health was relevant to his actions.

"Although disrespectful and offensive, police maintain that a criminal offence did not take place," Fincham said.

A man peeing on the Komagata Maru Memorial in downtown Vancouver. CONTRIBUTED

The hate-crime unit was assigned to the case and ultimately found urinating in public is not a criminal offense in Canada regardless of where it's done. Police say they also contemplated issuing a bylaw ticket, but deemed that to be inappropriate as well.

"We empathize with the South Asian community and others who have been offended by this incident," Fincham said. "The VPD continues to work with the South Asian Community as we explore other options in an effort to provide a satisfactory resolution for all those involved." EMILY JACKSON/METRO

Angus Reid poll

Premier Clark third-most popular in Canada

Apparently British Columbians are pretty content with Premier Christy Clark.

Clark is the third-most popular premier in the country, according to an Angus Reid poll released Wednesday.

Forty-two percent of respondents approve of the premier, according to an online survey of 6,580 adults in early December. While 51 per cent disapprove of her performance, she's still less hated than the majority of premiers.

Prior to her May 2013 election win, Clark had dismal ratings and was tied for the least-liked premier in Canada.

But her popularity surged after she won a majority mandate. She has since travelled to China, shuffled the cabinet, touted investment in the liquefied natural gas industry and consulted on liquor law reform.

EMILY JACKSON/METRO

RCMP officers talk outside the Newton Arena in Surrey on Dec. 30, where 53-year-old Julie Paskall was fatally beaten. DARRYL DYCK/THE CANADIAN PRESS

Surrey NDP propose accord to make city safer

Measures to address challenges. Three MLAs to seek input from the public and community leaders in the next two weeks

SINDHU DHARMARAJAH
vancouver@metronews.ca

New Democrat MLAs from Surrey want all levels of government to help make Surrey safer following a woman's fatal beating outside a Newton hockey arena last month.

Leader Adrian Dix joined Surrey's three NDP MLAs in proposing the Surrey Accord — a collection of measures addressing challenges faced by Surrey neighbourhoods like crime, mental health, and homelessness.

"Today, we are proposing an agreement that calls on our municipal, provincial and federal governments to take measurable steps towards a better future for this province's fastest-growing city," said Dix in a media release.

The NDP's accord proposes to look at increasing policing, creating a community court, regulating recovery homes, and investing in supportive housing. The MLAs also want a mental-health action plan, similar to the one implemented for Vancouver in fall 2013.

"Since the tragic death of Julie Paskall, we have seen an outpouring of grief and we have heard the calls to action," said Surrey-Newton MLA Harry Bains. "This accord represents a powerful vehicle for the changes we want to see on our streets."

Paskall was attacked outside Newton arena while waiting for her son last month.

Surrey Mayor Dianne Watts said that many of the issues in the proposal have been addressed and some are underway.

"I heard about the announcement through the media, and I think any time there is advocacy or raising awareness on the issues that we deal with, I support that endeavor," she said. "I would say that within the context with our crime-reduction strategy we rolled out in 2006, all of those pieces have been identified at that point.

"We continued to work with other levels of government, because of course it's under their jurisdiction. It's a matter of just strengthening those relationships and making sure we're moving forward," she added.

The MLAs will seek input from the public and community leaders at a forum in the next two weeks. They hope to push for the adoption of the accord in February when the legislature's spring session begins.

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Coun. Tim Stevenson announces in December that he will represent Vancouver in Sochi. METRO FILE

Gay councillor gets OK from Russia

Bound for Sochi. Tim Stevenson plans to lobby IOC for gay rights within limits of Russian law

KATE WEBB
kate.webb@metronews.ca

If the openly gay Coun. Tim Stevenson was hoping for a way out of his daring plan to attend the Sochi Olympics, he lost it this week after Russia granted him a travel visa.

Last month he announced his plan to travel to the Games to lobby the International Olympic Committee to enshrine LGBTQ rights in its charter after Russian policies kiboshed requests for a safe house for LGBTQ athletes.

Recent news that an American journalist was denied a Russian visa offered reason to doubt Stevenson would get the green light to proceed.

Stevenson and former VANOC spokesperson Maureen Douglas will depart Vancouver on Jan. 28 and arrive in Sochi Feb. 1 after a lengthy layover in Istanbul.

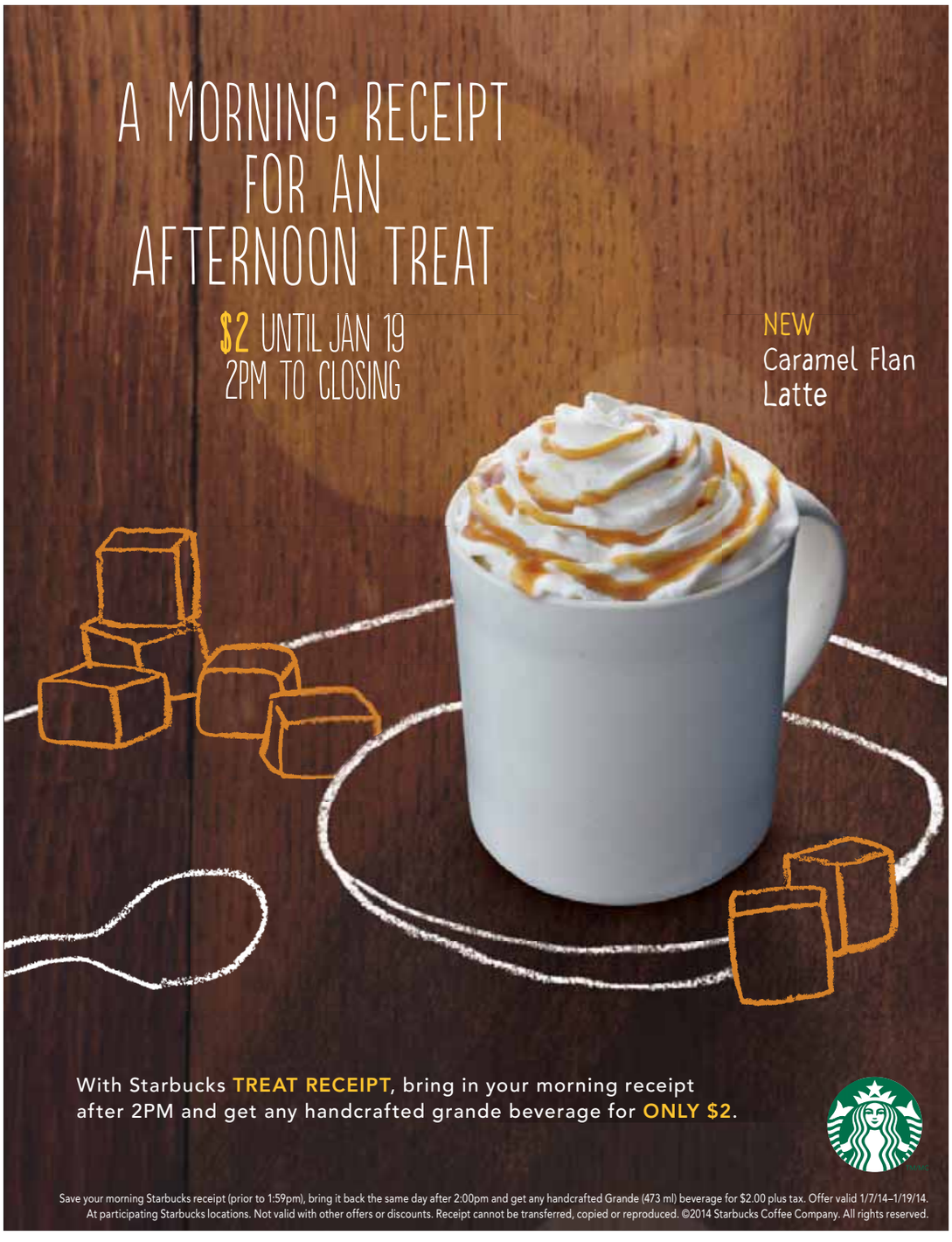
Stevenson has been adamant that he does not intend to break any Russian laws, including one prohibiting "gay propaganda" — punishable by jail time.

Uncertainty

"Whenever I spoke to high, high (Canadian federal) government officials, they said, 'We doubt you'll get a visa.'"
Coun. Tim Stevenson

A month ago he said he was nervous, but on Wednesday he said his attitude has been shifting toward calm resolve.

"It's a country that's kind of dangerous right now, so if I started to worry about it very much you'd become paralyzed and you wouldn't do anything at all."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Site C project

Dam would harm mammals: Report

The massive Site C dam project on the Peace River in northeastern B.C. would impact six mammal species that are already affected by industrial development, a biologist asserts.

Clayton Apps' report is related to caribou, grizzly bear, grey wolf, lynx, wolverine and the fisher — a type of weasel.

Apps, who was set to deliver the report at the Joint Review Panel on the project on Wednesday, says the effects of development in the region are so significant that some wildlife populations may not be viable or recoverable in the future.

The biologist wrote the report on behalf of the Yellowstone to Yukon Conservation Initiative, a non-profit that opposes the project. THE CANADIAN PRESS

Northern Gateway

Kitimat to hold pipe plebiscite

The District of Kitimat will hold a plebiscite on the proposed Northern Gateway pipeline in April to gauge support for the controversial project.

Chief administrative officer Ron Poole says residents will vote on April 12, with advanced polls on April 2 and 9.

The dates were set this week when councillors approved the question, asking residents if they support the final recommendations of the Joint Review Panel, which issued a report in December saying the pipeline should be approved subject to 209 conditions.

The plebiscite fulfils council's resolution in January 2012 to survey residents about their opinion on the Northern Gateway project.
THE CANADIAN PRESS

Liquefied natural gas. Report recommends gas plants run on electricity

A new report says B.C.'s liquefied natural-gas industry would create more jobs and less pollution if the companies were required to power their plants with electricity instead of natural gas.

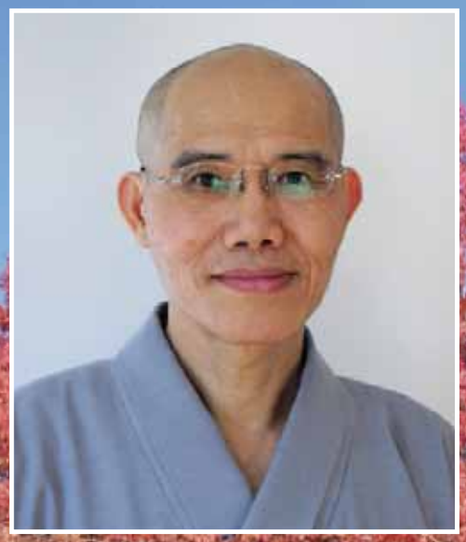
The report, conducted by the group Clean Energy Canada, concludes electric-drive LNG plants could create up to 45 per cent more regional jobs and cut harmful greenhouse-gas emissions by one-third.

The "Lock In Jobs, Not Pollution" report calls on the B.C. government to unlock the multiple social, employment and environmental benefits of requiring firms to use electricity.

Whistler-based LNG consultant Zoher Meratla says he's studied electric-drives for LNG plants and estimates the proposed plants in northwest B.C. could cut carbon emissions by at least half and reduce daily operational costs by hundreds of thousands of dollars.
THE CANADIAN PRESS

Looking ahead

Premier Christy Clark's government is developing a regulatory and taxation policy for the LNG industry, but it has released no details other than to say it wants the cleanest LNG industry in the world.



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'Decision time is upon us.'
Baird gets pushy about passing the pipeline

In an attempt to press the Obama administration on its own turf, Foreign Affairs Minister John Baird used the first day of a Washington visit to repeatedly call for a prompt decision on the Keystone XL pipeline.

He buttressed his case by making public appearances Wednesday with two pro-Keystone Democratic senators, who both expressed frustration with how long the administration has dragged out the decision.

Baird offered a snappy reply when asked if there's anything pro-Keystone politicians on either side of the border could still say or do to influence a debate that has been going on for years.

"One politician — the president of the United States — can say yes to a great project to create jobs on both sides of the border, help with energy independence and energy security," Baird replied.

Foreign Affairs Minister John Baird
SEAN KILPATRICK/THE CANADIAN PRESS

"Decision time is upon us."

He repeated the "decision time" phrase on three separate occasions at two public appearances Wednesday, making clear his frustration over the prolonged approval process.

THE CANADIAN PRESS

Justices waver on protest-free zone rules at abortion clinics

Alan Hoyle, of Lincolnton, N.C., stands outside the U.S. Supreme Court in Washington, D.C., on Wednesday. The court heard arguments on the regulation of protests at abortion clinics and seemed likely Wednesday to strike down a Massachusetts law setting a 10-metre protest-free zone outside clinics. Liberal and conservative justices alike expressed misgivings about the law during arguments at the high court. They questioned the size of the zone and whether the state could find less restrictive ways of ensuring patient access and safety. EVAN VUCCI/THE ASSOCIATED PRESS

Analyzing the details.
Top court studies Marc Nadon's appointment

Canada's justice minister says all federal judges should be eligible for nomination to the country's highest court, no matter which province they're from.

Peter MacKay made the comments as the Supreme Court of Canada heard arguments today in a constitutional challenge of the federal government's decision to name Marc Nadon to the nine-judge panel.

The appointment of Nadon, a semi-retired Federal Court of Appeal judge, was called into question almost immediately after Prime Minister Stephen Harper appointed him to the bench.

The government argues that a narrow interpretation of the Supreme Court Act could effectively bar any Federal Court judge from being eligible, effectively making an already small pool of qualified jurists even smaller.

MacKay says he expects the high court to make the right decision about Nadon's appointment. He says it would be unfair to exclude some Quebec judges from consideration for appointment to the court while judges from other provinces don't face similar challenges.

THE CANADIAN PRESS

Google showing illegal web ads

Upgrades coming.
Canada's Privacy commissioner is also pushing the company to make it easier for consumers to be heard

Google has been caught afoul of the law by displaying web ads linked to a person's health history, according to Canada's interim privacy commissioner Chantal Bernier.

An investigation by Bernier's office backed up a man's complaints that he was seeing so-called behavioural advertisements based on his web browsing history. After searching for information about devices to treat sleep apnea, he began to see ads for those devices as he browsed the web.

While behavioural advertising is not illegal, Canada's privacy law does not allow consumers to be targeted based on "sensitive personal information," including their health.

Google's privacy policy outlaws displaying advertisements based on race, religion, sexual orientation or health. But the Mountain View, Calif.-based company acknowledged that some advertisers using its ad-serving platform were not following the policy.

Google has pledged to upgrade the system that reviews ads for compliance, increase the monitoring of ads and provide more information to advertisers and staff about the rules.

"The monitoring system was not tight enough, not robust enough to ensure compliance, it wasn't extensive enough to deal with the volume of ads," said Bernier in an interview.

THE CANADIAN PRESS

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Canadian who joined militants killed in Syria

Damian Clairmont. 22-year-old Calgary man is believed to have converted to Islam and joined recognized terrorist group

JEREMY NOLAIS
Metro in Calgary

Damian Clairmont FACEBOOK

A Calgary high school dropout has been killed by soldiers with the Free Syrian Army while fighting for a recognized terrorist group, according to a friend's online post.

Damian Clairmont, 22, born in Nova Scotia, is believed to have converted to Islam, joined a force called Jabhat al-Nusra and departed for Syria in late 2012 to join rebel efforts to overthrow the government of President Bashar al-Assad.

"My bro … Abu Talba al-Canadi executed by FSA!" wrote Abu Turan al-Muhaljr on Twitter, before posting a photo of Clairmont, who was known by multiple names.

Al-Muhaljr later identified the man in the photo as Clairmont and added that he "was killed while defending himself and his brothers from the FSA onslaught in Aleppo."

But Canadian Foreign Affairs officials offered no specifics on Clairmont's fate amid inquiries made Wednesday.

"We are aware of reports that Canadians have been killed in Syria," said spokesperson Jean-Bruno Villeneuve in an emailed response. "We are following the situation closely.

An unnamed Canadian security source did confirm Clairmont's death to Torstar News Service, but did not provide specifics on the circumstances.

WITH FILES FROM TORSTAR NEWS SERVICE

Police: Danish tourist gang-raped in India

A policeman stands outside the police station, which is investigating the gang-rape of a Danish tourist in New Delhi, India, Wednesday. The 51-year-old tourist was allegedly raped near a popular shopping area in New Delhi after she stopped to ask for directions, police said Wednesday. This is the latest case to focus attention on the scourge of violence against women in India. The woman managed to reach her hotel in Paharganj area Tuesday evening and the owner called police. TSERING TOPGYAL/THE ASSOCIATED PRESS

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For the Queen. Chocolate castle, enamelled beetles among unusual gifts

Queen Elizabeth II received dozens of traditional gifts last year — but she also got some unusual items.

The High Commissioner for Bangladesh gave the Queen four enamelled Scarab beetles, and Sri Lanka's president chose a portrait of the monarch burned onto a tree trunk. The maker of Mars Bars gave her a chocolate version of Windsor Castle.

Some of the more lavish items included a family photograph in a gold frame set on a jeweled ostrich egg and a five-strand pearl necklace, given by the president of the United Arab Emirates.

THE ASSOCIATED PRESS

With love, from Canada

- The Lieutenant Governor of Saskatchewan gave Queen Elizabeth a diamond and tourmaline brooch last year.
- A Canadian artist presented Princess Anne an art print of the Queen's daughter riding a moose.

New York

Kittens break into max security jail

A litter of four kittens has found a cosy home in the least cosy of places — the basement of the maximum-security Great Meadow prison in Fort Ann in upstate New York.

The family of feral felines has been cared for by inmates and prison staff. Head electrician Bruce Porter arrives at work early so he can tend to the cats, which live in a large cage built by an inmate.

THE ASSOCIATED PRESS

Sharing food makes the heart grow fonder, at least in chimps

Two chimpanzees share a piece of watermelon at Taronga Zoo in Sydney, Australia. RICK STEVENS-TARONGA ZOO/GETTY IMAGES FILE

Love hormone. Study found both the giver and receiver of food had higher levels of oxytocin, indicating sharing makes both parties feel good

A study published Wednesday appears to confirm that friendships are forged at mealtimes, at least for our closest living relatives.

Scientists from Germany, Switzerland, Britain and the United States have found that chimpanzees who share their food have higher levels of oxytocin, known as the love hormone, than those who don't.

Oxytocin has previously been linked to bonding between mothers and their breastfeeding babies, both in primates and humans.

Roman Wittig of the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, said chimpanzees had more than twice the level of oxytocin after sharing food than after mutual grooming — another important bonding behaviour in primates.

Julia Lehmann, an evolutionary anthropologist, said the results appear to support the idea that food sharing can extend social benefits normally found in animals who are related to each other to those dining partners who aren't related. In other words, the way to a chimp's heart is through its stomach.

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Quoted

"We think food sharing can help spark new friendships, whereas grooming is more for confirmation of existing relationships."

Roman Wittig, Max Planck Institute for Evolutionary Anthropology in Germany

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Your country needs you ... to lose some weight

Best and brightest, but not always lightest.
Police units and armies struggle to find recruits who are fighting fit

ELISABETH BRAW
Metro World News in London, U.K.

Recently Mike Harper ran into the wife of a police officer friend on a Dallas street.

"She told me she was worried about his safety because his colleagues are overweight," he recalls.

The wife had good reason to be concerned. Even though American police officers should be fitter than average, a comprehensive study reports that they're less fit than half of the population.

"They have to be able to crawl and run," notes Harper, a fitness educator in charge of police and military programs at the Cooper Institute in Dallas.

"These are not tasks that you do every day, but it's critical that you're able to do them. It's like using a firearm. You don't need it every day, but when you do need it, it's essential that you know how."

And police officers are not the only ones with a weight problem. According to Lt.-Gen. Mark Hertling, no less than 75 per cent of civilians wanting to join the U.S. Army are ineligible due to being overweight.

And "of the 25 per cent that could join, what we found was 65 per cent could not pass the (physical training) test on the first day," he said in a speech.

"Young people joining our service could not run, jump, tumble or roll. These are the kind of things you would expect soldiers to do if you're in combat."

According to the U.S. National Center for Health Statistics, between 1959 and 2008 the percentage of men who were ineligible for military service because of their weight doubled, while the percentage of ineligible women tripled.

Even though Hollywood portrays army physical training as extremely gruelling, the fitness test for new soldiers is surprisingly low.

"Fifty push-ups, 40 sit-ups and a 1.5-mile run in less than 10 minutes," notes Stew Smith, a former Navy SEAL who now runs a fitness company for soldiers and officers.

Now armed forces and law-enforcement agencies are getting serious about fitness, enlisting companies like Smith's and the Cooper Institute to train their staff. Some, like the British Army, have even developed apps to help applicants get fit. In fact, many former elite soldiers have discovered a business niche in fitness companies.

However, fitness apps won't really make a difference, observes Smith.

"The police and military do their best with what society brings them, but this is a society-wide problem. A financially struggling population will keep eating crappy, inexpensive food."

Fat chance: While experts contend that police officers should be in prime physical state, in truth they have the same weight problem as the rest of the population. GETTY IMAGES

Stew squat: Former Navy SEAL turned fitness instructor Stew Smith puts police officers through a squatting exercise. COURTESY STEW SMITH

Russia

Rotund get rejected

In recent years, Russia's much-maligned police force has been trying to revamp its image, including tackling obesity among officers.

"The fat and paunchy will not get through," former interior minister Rashid Nurgaliyev said in 2011.

The force was literally slimmed down by 20 per cent. Police are now obliged to pass physical tests, with top performers getting a bonus salary. **EVGENIY MORUZ/ METRO WORLD NEWS IN MOSCOW**

Canadian Forces work with what they've got

It's hard enough to attract recruits to the Canadian military or police forces without worrying about fitness.

An internal Defence Department audit released last year noted that "fitness and education levels of recruits in the last five years have been slightly lower than in the past," when compounded with other factors such as mobility, changing career expectations and an aging workforce.

Recent reports show that American police and armed forces are struggling to find new recruits who satisfy the weight restriction.

It's slowly becoming the case in Canada too. The Canadian Forces have been adapting their application process to accommodate its changing applicant pool.

In 2006, the military eliminated the Canadian Forces Applicant Physical Fitness Test as a pre-enrolment screening process, with some exceptions.

Instead of a physical test right off the bat, the evaluation is done once they've been admitted to basic training. The three per cent that fail are not disqualified — rather, they are given the option to join the 90-day Warrior Fitness Training Program.

Recruits who get in shape within the 90 days are returned to basic training.

But the changes don't necessarily mean the Canadian Forces are lowering their standards to bring in more recruits, according to Christian Leuprecht, a Royal Military College and Queen's University professor who has spent years studying military demographics and recruitment.

"I think it's important to realize — just like the way companies can't expect the people who wander through the front door to have all the skills that a company might need and that a company invests in training — the Armed Forces look at the potential that the candidates bring rather than necessarily candidates that already have all the physical attributes that the organization is looking for," he said.

PHOEBE HO/FOR METRO IN TORONTO

True calibre

"I think the challenge is not necessarily recruiting the numbers. I think the challenge is recruiting the quality of individual that the Canadian Armed Forces is looking for."

Christian Leuprecht, Royal Military College and Queen's University professor

Sam Walsh, left, a budtender, and facility manager David Martinez at a dispensary in Denver, Colo. GETTY IMAGES FILE

Has Colorado gone to pot?

High prices a buzzkill.
While dispensaries bring in the green, issues have blunted enthusiasm

KIERON MONKS
Metro World News

There has been a party atmosphere around Colorado's marijuana dispensaries since recreational sales became legal at the turn of the year.

"People have been queuing for four to five hours," says Ryan West, an employee at a Denver dispensary. West is a product of that growth, hired on Jan. 1 to cope with a boom that saw sales of more than $5 million inside the first week.

With prices more than doubling in some cases to more than $400 US an ounce. This is far higher than the rates of illegal dealers, allowing them to compete, despite the claims of marijuana advocates that a legal industry would replace the black market.

Illegal dealers are also benefitting from police confusion over new laws that have seen an 80 per cent drop in prosecutions since 2012, including for distribution.

Market Minute

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91.37¢ (+0.03¢)

TSX
13,772.58 (+80.20)

OIL
$94.17 US (+$1.58)

GOLD
$1,238.30 US (-$7.10)

Natural gas: $4.33 US (-$0.02)
Dow Jones: 16,481.94 (+108.08)

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THE EH-LIST: THE BEST OF CANADA

HE SAYS
John Mazerolle
metronews.ca

It's time to thank everyone you know, strike up the band (mid-sentence) and put one foot in front of the other, before a smiling woman in heels points out you're walking in the wrong direction.

Yes, it's awards season. I'd have described it better, but I didn't think I'd be called upon for this honour so I didn't prepare anything.

The Golden Globes have been handed out, the Oscar nominations were announced today, and The Canadian Screen Awards are back one year after they first combined the Genies and the Geminis into the coveted Geminenies.

The CSAs seemed to meet our country's high standards, which is why I was excited to have full, exclusive access to this year's show, which was pre-recorded yesterday and remains distinctly Canadian despite some faint U.S. echoes:

Red carpet. Oh, my. The recurring themes this year were boots and Roots! And you've never seen such an array of plaid. I don't want to give away who everyone was wearing, but let's just say it was a very good year for French designer Jacques Cousteau.

In memoriam. A video montage of all the great entertainers we lost in 2013 is intercut with smug Canucks saying, "They were Canadian, y'know" at every opportunity.

Orchestra pit. By law, 40 per cent of the orchestra's play-off music was CanCon. Also by law, 40 per cent of that was New Orleans is Sinking.

Lifetime achievement award. The City of Toronto was honoured for its recurring, lifelong film portrayal of Chicago.

Big Winners. I'm sworn to secrecy or the Trailer Park Boys will mess me up, but here are the top contenders:

Gravity Canada: Same as the American version, except Perfect Human and Everyastronaut Chris Hadfield plays the George Clooney role, meaning nobody dies, none of the space stations are destroyed, and he puts the satellites back together while holding a video town hall with schoolchildren in Sarnia.

Canadian Hustle: One hundred and thirty eight minutes of Mike Duffy coverage, captured in the tagline, "If you thought cameras weren't allowed in the Canadian Senate, think again."

Blue is the Coldest Colour: Set during February in Edmonton, the movie's lesbian love scenes aren't much to look at because they happen under 27 layers of blankets.

Her, eh?: A lonely writer falls in love with his BlackBerry. She loses most of her self-worth and he moves on to his new girlfriend Siri after a couple of weeks.

Conrad Black: Protracted Constitutional to Freedom: This stirring story brought to you with funding from Conrad Black deals with one of Canada's greatest heros as he struggles valiantly against oppression, including being thrown in jail and even stripped of his nationality. Each ticket-holder is given a dictionary and thesaurus upon entrance.

That's my sneak peek, Canada! I have very little time left but I'd just like to thank —

(New Orleans is Sinking.)

Aw, nuts. Sorry.

ZOOM

Sending up some protection

CHUNG SUNG-JUN/GETTY IMAGES

Anti-NK balloons fly over border

North Korean defectors, including former soldiers, release prophylactic-shaped balloons due to fly to the North, carrying leaflets condemning North Korean leader Kim Jong-un.

Letters on the balloons at the rally near the demilitarized zone between the two Koreas read: "End the world's worst three-generation dictatorship." METRO

By the numbers

500,000
Anti-North Korea pamphlets.

1,500
USB flash drives loaded with the Korean-language version of the online encyclopedia Wikipedia.

1,000
United States one dollar bills and DVDs detailing human rights abuses in the North.

Activist's viewpoint

"There is clearly enormous hunger for outside information in North Korea. USB keys are one of the most powerful tools, because they're small, can be hidden and shared easily, and carry massive amounts of data."

Thor Halvorssen, president of the U.S.-based Human Rights Foundation

Sending a signal: Around 50 tiny transistor radios were also included in the floating packages headed to North Korea.
CHUNG SUNG-JUN/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

Wasting time surfing the web shouldn't be a regular activity but sometimes, you just have to. Here are some sites that I guarantee: Just one click will get you hooked.

SCREEN GRAB

ChinaSMACK: A website devoted to news about the world's most populous country is bound to be fascinating. Founded in 2008, ChinaSMACK posts stories found in Chinese media that are trending on microblogging sites like Weibo. Most of the articles have been translated from Chinese to English, so the quality of the writing isn't great, but you won't care once you start reading some of the crazy stories being talked about amongst Chinese netizens. Learn what a "human flesh search" is.

Distractify: One of the newer entries on the web, this site is similar to Buzzfeed, often posting entertaining, albeit useless articles. Wouldn't you like to learn about 'The 29 most infuriating things EVER?' Business Insider has called Distractify one of the fastest growing sites ever, with over 10 million Facebook shares since its launch in October.

Upworthy: This social media site posts viral articles that encourage debate amongst its readers. They say they will not clutter the site with "pageview-juking slideshows," but do admit the site is biased, hence "speaking the truth." It can get a little spammy with pop-up ads, since they don't make any actual money yet.

Twitter

Google is in trouble for ads based on health info searches. @metropicks asked: Do ads like this make you feel violated?

@RobbieRobb: If I search online for anything I expect it to be fair game for advertising.

@Russell_Barth: google is YET to suggust any Medical Marijuana products or sites, oddly....

Comments

RE: New facial recognition app 'creepy', says kids entertainer Raffi, published online Jan. 10

Facial recog is only getting better and will never go away. The moment we sent our single photo to the cloud, our faces became public property, worse, all your info and images on FB belong to that company, meaning that they can even sell them if they so wish

johnnyive, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16

Measure for Measure makes the hockey team selection look easy

Shakespeare. This play with a deadly ultimatum really does force you to put things into perspective

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

From left, Renee Bucciarelli, Katharine Venour, John Innes, Julie McIsaac, Simon Webb, Jeff Gladstone and Pippa Johnstone star in Shakespeare's Measure for Measure, which runs from Jan. 17 to Feb. 8 at Pacific Theatre. EMILY COOPER

I get it: you're still choked because Olympic gold medalist and two-time Stanley Cup champion Brent Seabrook didn't make Canada's hockey squad.

And what about Martin St. Louis? Or Claude Giroux?

How about Joe Thornton? Didn't we all want to see his rooster's shadow in Sochi?

Total travesty, man.

Sure, the team is stacked with superstars.

But in Canada, the Winter Olympics represents more than just a shot at world hockey supremacy: it's also a rare opportunity for us to showcase our other national sport: synchronized second-guessing.

No doubt picking a hockey team in a puck-crazed country makes for difficult choices. But imagine if you had to pick between your own soul or your brother's life.

That's the ultimatum a young nun is confronted with in Shakespeare's Measure for Measure, an Honest Fishmongers production that runs from Jan. 17 to Feb. 8 at Pacific Theatre.

"Measure for Measure is a play of its time, and yet it is utterly modern," says director Kevin Bennett.

"We may live in a more secular society than Jacobean London, or the Vienna setting (of this play), but we still struggle with people who have puritanical-like views, or who are perhaps too lenient."

And if you're struggling to get excited about this play (Shakespeare, like hockey, isn't for everyone), you could always check out Danse Lhasa Danse, a multidisciplinary tribute to the late Montreal-based singer-songwriter, Lhasa de Sela.

Presented by the Chan Centre and the PuSh International Performing Arts Festival, the Vancouver premiere merges dance, music and theatre in the Chan Shun Concert Hall on Jan. 18.

Details

- Tickets: Danse Lhasa Danse $36. Visit: chancentre.com.
- Tickets: Measure for Measure $20-$30 Visit: pacifictheatre.org.

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Liam Payne. ALL PHOTOS GETTY IMAGES

Liam Payne apologizes for living on the ledge

One Direction member Liam Payne says he is sorry for being "stupid and irresponsible" after he was photographed standing on a building ledge 34 stories above the ground.

A photo published Wednesday in British tabloid the Sun shows the boy-band singer standing on the ledge of a high-rise with a city that appears to be London behind him.

The 20-year-old said in a statement that "I regret being there and having a photo taken. It was a stupid and irresponsible thing to do."

He urged fans not to imitate his "extremely dangerous" behaviour.

The band emerged from Simon Cowell's British TV series The X Factor in 2010 and became one of the world's top-selling groups, with three albums topping U.S. music charts.

THE ASSOCIATED PRESS

Lohan orders police protection for party

Lindsay Lohan likes to use protection, apparently. While in London this week, the scandal-prone starlet reportedly put in a call to the Metropolitan Police to provide an escort for a 10-foot walk from her car to a venue for a friend's birthday party, according to the Mail Online. Lohan apparently felt she needed the beefed up security detail because of a clutch of paparazzi waiting and she reportedly asked the police to arrest the photographers for loitering. METRO

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Duff needed more marriage stuff from Comrie

THE WORD
Dorothy Robinson
scene@metronews.ca

It looks like Hilary Duff and her soon-to-be ex-husband, ex-NHL star Mike Comrie, tried marriage counselling for over 18 months before announcing their separation. But in the end, it wasn't enough to save their union as apparently Comrie didn't do "any of the things they'd worked on."

A source (aka: "someone from Huff's PR team") told Us Weekly, "She felt he didn't put enough effort into the relationship," they said. "He never did anything!"

One reason for the not-doing-stuff? Comrie had to retire from professional hockey in 2012 due to a constant hip injury.

A source to Life & Style echoes this sentiment. "He's in the house all day, every day," an insider tells the mag. "It was a strain on the relationship."

The couple announced two weeks ago that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to the toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "not an easy day but we're getting thru it together."

Gisele Bundchen

No Superbowl stress in the Bundchen-Brady house

It may be NFL playoff time in the Tom Brady-Gisele Bundchen household, but the stress doesn't carry over at home.

"He's very focused," the 33-year-old Bundchen said of Brady, quarterback for the New England Patriots, in a recent interview. "We are both very supportive of one another in what we do. ... Of course nobody likes to lose.

"Those aren't the best days. He knows he does his best. He works extremely hard."

The three-time Super Bowl champ and his New England Patriots travel to Denver to play the Broncos on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Twitter

@solangeknowles
Just called my bf to report hearing noises in the house. Go to check on my son, only to find out he's been up since 2 too. HE is the "noise".

@lenadunham
Did the thing I swore I'd never do: got a public massage at an airport kiosk. It hurts not to know yourself anymore.

@AnnaKendrick47
Aren't we supposed to have meals in pill form by now? Cause at least once a week I open my fridge and think "s---, I need to make water"

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SHOPPERS DRUG MART

Throw out the style rule book

Fashion magazines often try to rule our wardrobes with a vice-like, arbitrary and undiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all rubbish really, isn't it? And at the end of the day, don't we have enough intellectual capacity to know when something works and something doesn't? We enlisted Julie Ragolia, the fashion director of Man Of The World magazine who's styled Lady Gaga, to help us throw out the fashion rule book.

KIT GILBERT
Metro World News

Ripped jeans are for teenage girls and Britney Spears only

Ripped jeans are a sign of a journeyed and well-lived life. A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic.

Wearing one pattern head-to-toe is a bad idea

A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag…solid, strong pieces can tie it all together and break up a pattern before it goes bad. I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think.

Unless you are Alexa Chung, don't attempt to conquer double denim

As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary. I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. I often wear chambray shirts with vintage jeans and a denim jacket. Throw an oversized Navajo knit cardigan over the shoulder to break things up now and then.

Midi skirts require six-inch heels

I'm a tomboy, and a busy fashion director, so super high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel.'

Be wary of costume pieces

To a degree, yes, however one statement piece, such as an oversized necklace, or ski-goggle-inspired sunnies, are costume done right.

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Smart storage for small spaces

From inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: Although my condo is not small, I seem to have a lot of stuff and not enough storage. I need some ideas for keeping my stuff off the floor and hidden away.

A: For some people, "out of sight, out of mind" can be dangerous. Without seeing what you have, it could easily be forgotten.

Do you have a growing collection of vintage dishes or too many shoes and accessories? Perhaps it's time to purge some of your stuff instead of storing it somewhere.

But for stuff you don't want to get rid of, there are many places in our homes that are great for storing and displaying, from inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight.

In the sofa

Looking for a new sofa? Choose one that offers a storage drawer under the seat cushion (similar to a trundle bed) or look for a sleeper sofa that offers storage with the mattress.

Under the bed

Elevate your bed an additional five inches to hide luggage pieces or storage drawers. Rarely used luggage makes for perfect out-of-season clothing storage.

Add an extra shelf in your closet. Hanging a shelf one foot off the floor will instantly give you double the shoe storage and hanging another shelf one foot below the ceiling will offer up extra storage for out-of-season dishes or specialty baking pans.

A seat with storage

The secret to an organized room is to make the furniture look like it's there for style, not storage. A padded top allows for extra seating in the foyer, at the end of the bed or along an empty wall.

Other ideas

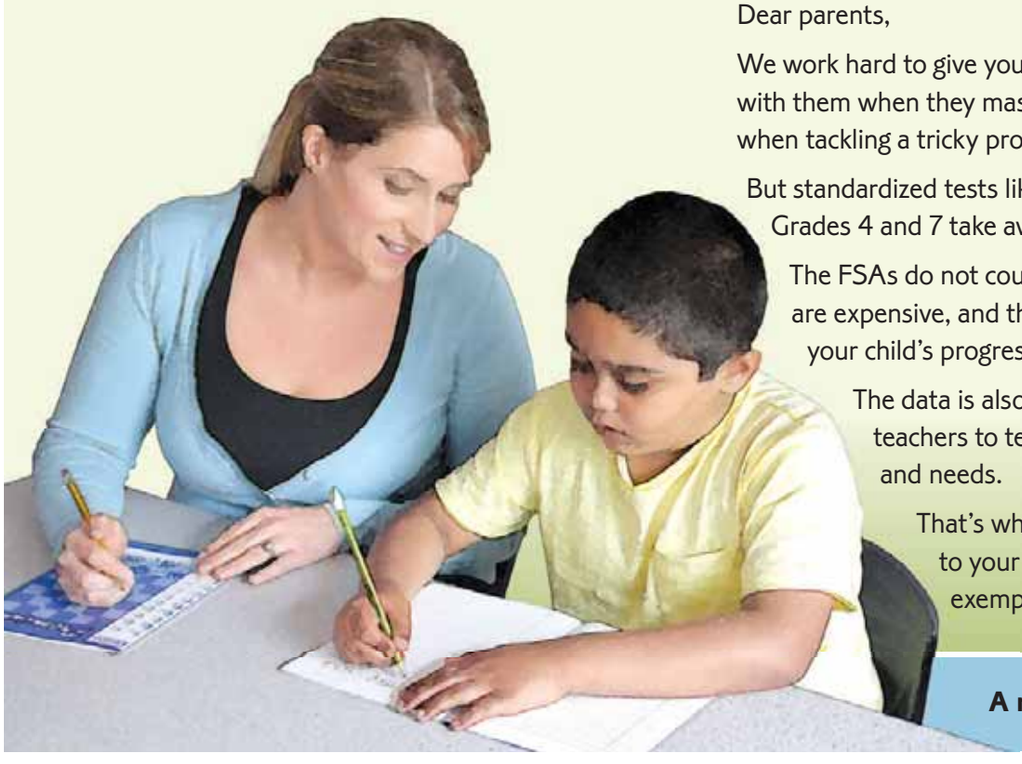
- Tea cup hooks discreetly installed behind curtains are a great way to hide hanging scarves, necklaces and hats out of sight in a bedroom.
- Adding a 24-inch bracket or decorative floating shelf above your door entrances will help hold small containers or books.
- Think of your china cabinet for more than just dishes. A small-scale vintage cabinet can display books behind glass doors or store shoes below. Consider using vintage china cabinets in bedrooms, bathrooms or front foyer areas (use large ceramic jars on top for all sorts of inventive storage).
- Add doors to your bookcases to get the best of both worlds — to display and hide storage. Top with a piece of frosted glass or stone and you've got a truly custom storage unit with a useable top for serving or display.

Lift Storage Bench, $599, CB2.com

Billy Bookcase (with doors), medium brown, $257, ikea.ca

Bed Lifts, $13, bedbathandbeyond.ca

Exempt your child from the FSA



Dear parents,

We work hard to give your children the best education possible. We celebrate with them when they master a new concept and help them think creatively when tackling a tricky problem.

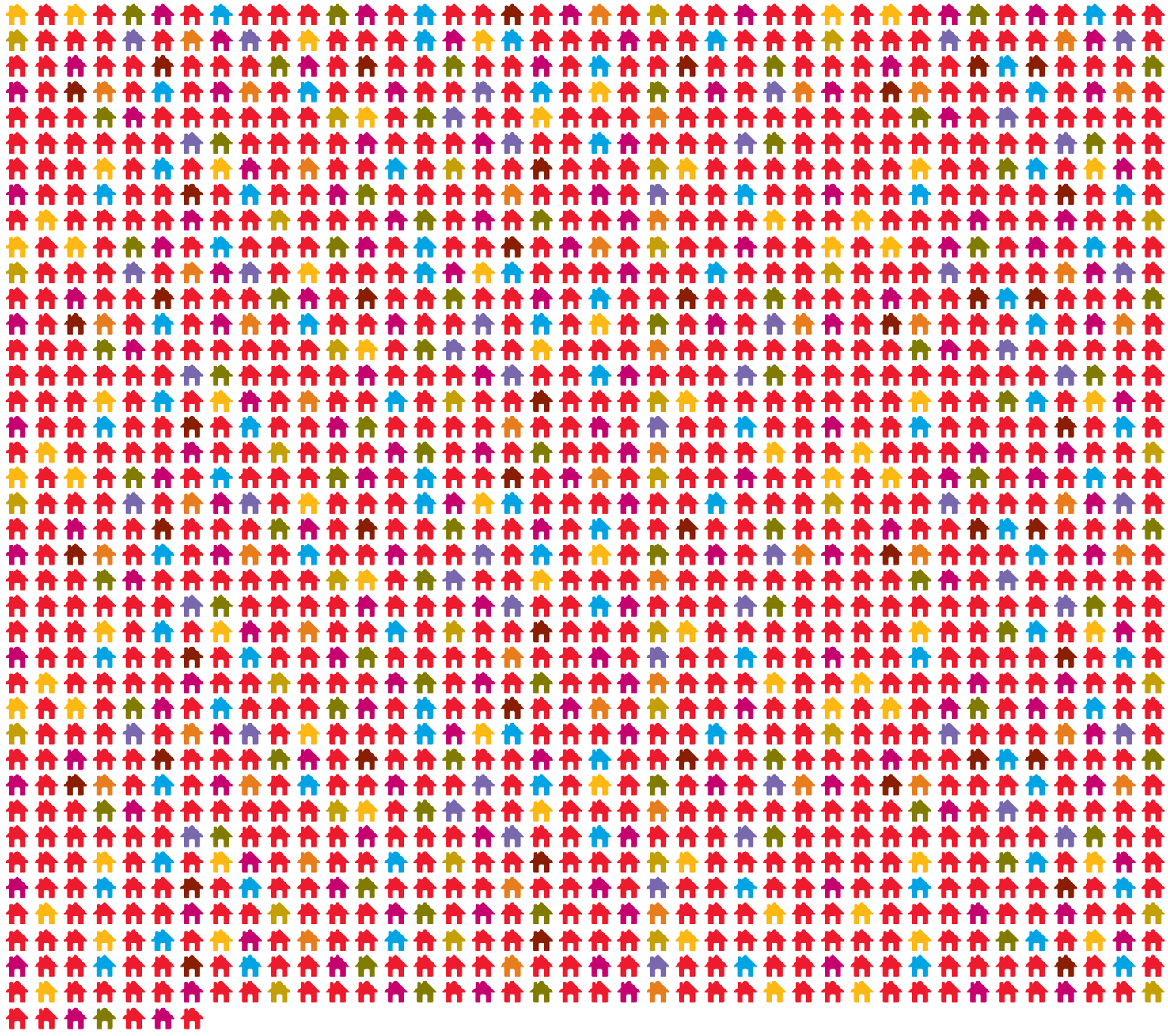
But standardized tests like the **Foundation Skills Assessment (FSA)** in Grades 4 and 7 take away from those wonderful moments of learning.

The FSAs do not count for marks, create needless stress for students, are expensive, and the much-delayed results do not actively support your child's progress.

The data is also misused to rank schools, which puts pressure on teachers to teach to the test, instead of to students' interests and needs.

That's why teachers in Surrey recommend you send a letter to your school principal requesting that your child be exempted from the FSA.

A message from the Surrey Teachers' Association



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3 easy ways to dress up a dull dresser

DIY. Don't let that old dresser gather dust in the basement — turn it into a fresh, creative storage piece or stunning focal point

Before slipping back into old habits and watching resolutions fade to memories, put your good intentions to work and transform an old dresser into a fresh and creative storage piece.

With as little as a drill, screws, a saw and some wood, it's easy to bring an old waist-high dresser gathering dust in the basement into the living-room limelight.

Finish with a splash of paint and that useless piece of furniture becomes a stunning new focal point.

Goodbye drawers, hello shelves

Create a more functional living room look by opening up the dresser and replacing the drawers with shelves.

Once the drawers and hardware are removed, creating shelves is as easy as installing mounts and cutting wood to size. For large objects such as storage baskets, remove multiple drawers and install one shelf.

Play around with colour palettes, including a two-tone design with a vibrant interior colour to brighten the space.

Say aloha to a new kitchen island

Kitchen storage is usually at a premium, and a temporary kitchen island can solve a lot of problems without committing to a full renovation.

While this idea won't fly with a tall chest of drawers, counter-height dressers provide space for food prep and drawers for small kitchen gadgets. Removing the bottom drawers opens up a great hiding spot for clunky pots and pans.

For the countertop, consider either matching it to the kitchen's current design or going with wood to create a handy butcher block.

Take a load off with an entryway bench

Add some extra storage to your entryway while adding a place to sit for tying shoes. This design works best with a short and long dresser.

First, gut the upper half of the dresser by removing the drawers, their supports, hardware and the top. The sides and back can also be removed or kept in as a frame. Next, install a bench on top of the bottom drawers.

It may be necessary to install extra support beneath the bench depending on the dresser's design.

Keep the bottom drawers for hiding winter gear like toques and gloves or outdoor toys such as Frisbees, baseballs and mitts.

Rehab Addict

- For more ideas on restoring old parts of your home, tune in to Rehab Addict, Tuesdays at 9 p.m. ET/PT on DIY Network Canada.

Turn an old piece of furniture into a stunning storage piece. ISTOCK

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Portobello and chestnuts: Earthy duo

The chestnuts add a rich earthiness to this dish and make the mushrooms that much more meat-like.

Look for the largest, juiciest-looking portobellos for this dish. If your mushrooms are smaller, you may have extra stuffing; stir in half a beaten egg and bake in a gratin dish alongside your mushrooms.

Ingredients

- 12 large portobello mushrooms
- 125 ml (1/2 cup) olive oil, divided

Chestnut Stuffing

- 50 ml (1/4 cup) butter
- 250 ml (1 cup) chopped onions
- 250 ml (1 cup) chopped celery
- 5 ml (1 tsp) cracked fennel seeds
- 15 ml (1 tbsp) chopped garlic
- 575 ml (2 1/3 cups) vacuum-packed peeled roasted chestnuts (about 400 g/14 oz), chopped
- 1 l (4 cups) fresh bread crumbs
- 125 ml (1/2 cup) chopped fresh flat-leaf parsley
- 75 ml (1/3 cup) unsweetened apple juice
- Salt and freshly ground pepper, to taste

1. Heat oven to 220 C (425 F). Cut off mushroom stems flush with caps and chop. You should have about 375 ml (1 1/2 cups).

2. In a large skillet, heat 30 ml (2 tbsp) of the olive oil over high heat. Working in batches, add mushroom caps to pan and fry for 1 to 2 minutes per side or until just beginning to soften. Transfer gill side up to a baking sheet. Repeat with remaining mushroom caps, adding more oil to pan as needed. Set aside.

3. Melt butter in the same skillet over medium heat. Add onions, celery and fennel seeds and sauté for 10 minutes or until slightly caramelized. Add garlic, chestnuts and chopped mushroom stems and sauté for 2 minutes or until mushrooms are juicy. Remove from heat.

4. Stir bread crumbs and parsley into stuffing mixture. Add enough apple juice to moisten stuffing well. Season well with salt and pepper. Divide stuffing into 6 portions and place on top of each of the mushroom caps on the baking sheet. Top with remaining 6 mushroom caps, gill side down, to make a kind of sandwich. Do not totally enclose the stuffing. Roast for 15 minutes or until mushrooms are tender and stuffing is crisp around the edges.

Wine pairing

White Burgundy: Try this inventively woodsy, earthy dish with a nutty, mineral-laden white Burgundy (such as Macon or, if budget permits, Puligny-Montrachet) and bask in the subtle decadence.

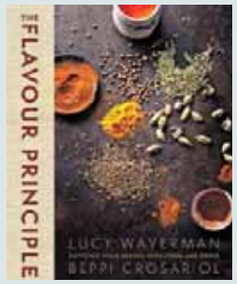
Alternative: If you prefer red, uncork a Chianti.

This recipe serves six.

THE CANADIAN PRESS/ THE FLAVOUR PRINCIPLE BY LUCY WAVERMAN AND BEPPI CROSARIOL. PHOTOGRAPHY BY RYAN SZULC. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD, 2013.

Cookbook of the Week

Shining the spotlight on taste



The Flavour Principle takes foodies back to the basis of food: flavour.

Indian curry spices, fiery Thai chilis, lemony citrus, smoky barbecue rubs — these are all flavours that make us passionate about food and drink.

In their book, Lucy Waverman and Beppi Crosariol examine about a dozen flavours through recipes and drink pairings.

The Flavour Principle features more than 30 gorgeous menus covering flavours from all over the world. METRO

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4 SPORTS

Homophobia in sports

3-part series airs prior to Olympics

The release of ReOrientation — an examination of homophobia in sports and its impact on gay athletes — comes less than a month before the opening ceremony of the 2014 Sochi Olympics.

In June of 2013, Russian parliament approved anti-gay legislation, banning "propaganda of non-traditional sexual relations," causing considerable public backlash from around the world, including Canada and the U.S.

According to the CBS Sports website, an IOC member on Wednesday criticized the U.S. for sending openly gay athletes as part of that country's delegation, in place of President Barack Obama.

"It's absurd that a country like that sends four lesbians to Russia just to demonstrate that in their country gay rights have (been established)," said Mario Pescante, the head of the IOC's International Relations Commission, as per CBS Sports and The Associated Press.

"The Games should not be an occasion and a stage to promote rights that sports support daily."

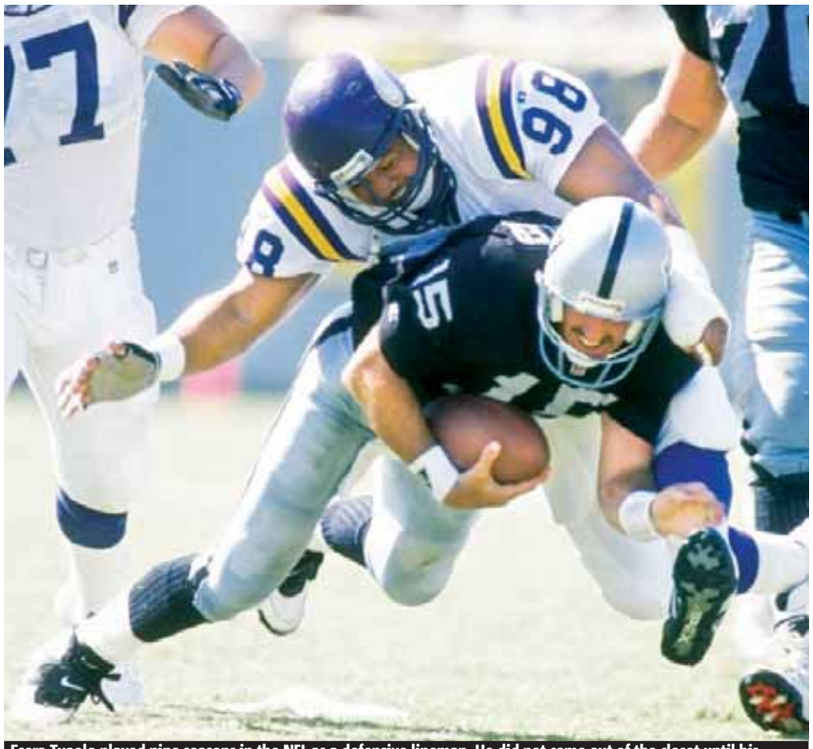
Former NHL defenceman Aaron Ward, the host of ReOrientation, and director Mike Farrell actually began the project in April of 2013.

The second segment of the three-part ReOrientation series runs Thursday (3 p.m. PT) on SportsCentre. **CAM TUCKER/METRO**

'I wanted to kill myself. Many times'

ReOrientation. TSN Original series looks to bring awareness to homophobia

CAM TUCKER
cam.tucker@metronews.ca



Esera Tuaolo played nine seasons in the NFL as a defensive lineman. He did not come out of the closet until his NFL career was over. GETTY IMAGES FILE

Without hesitation, Aaron Ward believes an NHL player will soon come out.

Citing support programs the league offers and the partnership between the NHL, NHL Players' Association and the You Can Play Project, Ward said it is "easier now" for a player to come out to his teammates, even in a sport as testosterone-fuelled as hockey.

"It comes down to comfort level. The more we talk about, the more we educate, the more we have these programs, the more those closeted athletes will feel comfortable to come out," said Ward, who hosted the TSN Original ReOrientation, a three-part series directed by Mike Farrell that premiered its first segment on Wednesday, and is aimed at examining homophobia in sports.

While the sports world appears to be trending in the right direction as far as acceptance, only a handful of male athletes in North America have come out. It never was or has been easy. Far from it.

NBA player Jason Collins came out last year, but he remains without a contract this season.

"Now we have a face to a gay athlete. The gay athlete is no longer a myth," said Ward in a phone interview with Metro.

"Everybody (says), 'Oh, there's no gay athletes.' No. That's not true. We have a face. We have a voice."

Last year, Robbie Rogers became the first openly gay male athlete to compete in a North American sports league.

Recently on CNN, he revealed the difficulty that came with the decision to come out.

"I always heard homophobic things in locker-rooms, on soccer fields," Rogers told CNN.

"Whether it was joking or whether it was malicious, I just heard so many different things that scarred me and made me think that there's no chance I'm ever going to come out, ever, to anyone.

"That's why I didn't tell anyone until I was 25."

Esera Tuaolo, who played his entire nine-year NFL career in the closet, kept his sexual orientation from his teammates and considered taking his own life.

"I wanted to kill myself. Many times. Because I felt so alone," Tuaolo said.

Gay slurs equivalent to racial slurs: Ward

In the macho world of professional sports, the use of homophobic language has been and can still be all too common.

When homophobic slurs are used, they're not only hurtful, they can be said without so much as a second thought. A preview of the ReOrientation series on YouTube shows a number of high-profile athletes, including Kobe Bryant, getting caught on camera using homophobic language.

"I think just hearing that over and over again and being part of that culture, it could only add to the stress and isolation that a closeted athlete would feel," said ReOrientation director Mike Farrell.

Aaron Ward, former NHL defenceman and host of ReOrientation, believes that the culture of casual homophobia in NHL locker-rooms is changing for the better, as players of today's generation are becoming increasingly more educated on the negative impact those words can have on other individuals.

"When you finally make a guy realize that when you throw out one of those homophobic slurs … it's equivalent to a racial slur," said Ward.

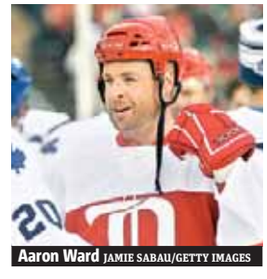
"(There is) now greater level of education that the players are getting, in terms of an ability to understand how cutting those words and how if you have a closet, gay teammate, the effect it can have on them."

ReOrientation will feature interviews with NHL players Andrew Ference, Dustin Brown and Ben Scrivens, as well as commissioner Gary Bettman. **CAM TUCKER/METRO**

You Can Play Project partnership

In April of last year, the NHL and the NHL Players' Association officially partnered with the You Can Play Project, which Patrick Burke helped to found.

- A number of players have lent their face and voice to You Can Play service announcements as well.



Aaron Ward JAMIE SABAU/GETTY IMAGES

Canucks make Ducks look mighty

NHL. Anaheim lights the lamp six times on the power play in Vancouver's worst loss of the season so far

On Wednesday

Ducks	Canucks
9	1

Corey Perry had two goals and two assists, Teemu Selanne had two goals and an assist and the relentless Anaheim Ducks beat the Vancouver Canucks 9-1 Wednesday night for their 18th victory in 19 games.

Nick Bonino scored two goals for the NHL-leading Ducks, who earned their eighth consecutive victory by scoring a club-record six power-play goals in the highest-scoring performance in the franchise's two-decade history.

Andrew Cogliano, Jakob Silfverberg and Sami Vatanen also scored, and Frederik Andersen made 31 saves as Anaheim joined the 1967-68 Montreal Canadiens as the only teams in league history to win 18 times in a 19-game span.

Zack Kassian scored for the Canucks, who picked up 58 penalty minutes in the third period of their seventh loss in eight games.

Eddie Lack gave up three goals on 13 shots before getting chased early in the second period, and backup Joacim Eriksson was mercilessly battered in his NHL debut.

Anaheim led 6-0 late in the second period, and the blowout got even uglier after the Ducks went up 7-1 in the third on Perry's 27th goal. Vancouver's Tom Sestito, Jannik Hansen and Kassian all got misconduct penalties with 7:11 to play, and Kevin Bieksa was sent to the showers moments later.

Selanne scored his 682nd career goal during the Ducks' ensuing seven-minute two-man advantage, and Vatanen's score with 38 seconds left pushed the Ducks past the club-record eight goals. THE ASSOCIATED PRESS

Ducks star Teemu Selanne celebrates a goal in the first as the Canucks' Chris Tanev looks on in Anaheim on Wednesday.
JAE C. HONG/THE ASSOCIATED PRESS

MLS

'Caps dangling draft picks?

The 2014 MLS SuperDraft goes Thursday morning. The Whitecaps have the third and seventh overall picks.

Head coach Carl Robinson, who spoke to reporters Wednesday on a conference call, said there is interest from other clubs in those two picks.
METRO

MLS

Sanvezzo not done yet: Robinson

Vancouver Whitecaps head coach Carl Robinson says a deal to sell disgruntled striker Camilo Sanvezzo to a Mexican club has yet to be finalized.

Despite reports out of Mexico on Wednesday that the transfer with Queretaro F.C. had been completed, Robinson says there are still details that need to be ironed out.

"We're still working on it to find a solution at this moment," Robinson said on a conference call from Philadelphia ahead of the SuperDraft.

Sanvezzo has been practising with Queretaro for the last two weeks and was even pictured wearing the club's kit, despite the fact that he had the option on his MLS contract picked by the Whitecaps for the 2014 season in November.
THE CANADIAN PRESS

Sochi Games

Italian IOC member criticizes U.S. over gay delegates

A senior Italian IOC member criticized the United States on Wednesday for including openly gay athletes in its official delegation for next month's Sochi Olympics.

"It's absurd that a country like that sends four lesbians to Russia just to demonstrate that in their country gay rights have (been established)," Mario Pescante said at an Italian Olympic Committee meeting in Milan on Wednesday, in comments widely reported by Italian media. "The games should not be an occasion and a stage to promote rights that sports supports daily."
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Horoscopes

♈ Aries
March 21 - April 20
Be honest with friends today, even if what you have to tell them is not what they want to hear. Having said that, maybe what you think is bad news is good news in their opinion.

♉ Taurus
April 21 - May 21
Any plans you make now are under the influence of the full moon, so try not to take them too seriously. A lot depends on whether you made them rationally or emotionally.

♊ Gemini
May 22 - June 21
Your ideas are as good as anyone else's but for some reason you think you are not as smart as your rivals. They may have fewer self-doubts but where intelligence is concerned you are way out in front.

♋ Cancer
June 22 - July 23
You may have a hard time controlling your emotions today but in a way that's good because, as usual, you have been keeping your feelings bottled up inside. Shout and scream if you have to.

♌ Leo
July 24 - Aug. 23
Don't take it personally if loved ones are hard to get through to today. It seems they have a lot on their minds. If there are issues you need to discuss, wait until tomorrow when they won't be so worried by life.

♍ Virgo
Aug. 24 - Sept. 23
Keep your ideas to yourself and stay tight-lipped even if your best friends ask what you are up to. That applies just as much on the work front. The less others know, the better for you.

♎ Libra
Sept. 24 - Oct. 23
Someone who envies your calm demeanor will turn up the heat today in the hope that you will start to sweat, but what they don't know is that you thrive on this sort of pressure.

♏ Scorpio
Oct. 24 - Nov. 22
Don't get upset if others don't seem interested in what you have to tell them. It's unlikely you will get much sense out of them over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Your words will carry more weight if you keep what you have to say to the point. Don't bother with explanations, just say what you mean and leave no one in any doubt that you mean what you say.

♑ Capricorn
Dec. 22 - Jan. 20
Some people may not deserve your assistance but as the moon is full in your opposite sign, you should be considerate. However, don't be so considerate that you let slip information that could help rivals get rich at your expense.

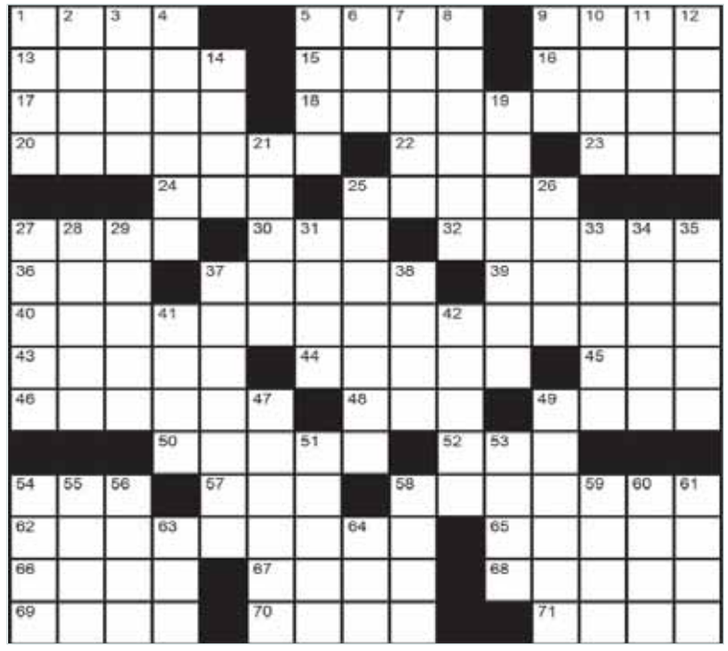
♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon urges you to get your head out of the clouds and focus on the facts. You will have to tighten your belt financially over the next few weeks but it will only hurt if your attitude is wrong.

♓ Pisces
Feb. 20 - March 20
You may find it hard to stay focused today. You are advised to stop trying and let the cosmic winds blow you where they will. All roads lead to where you are destined to be. Why struggle? SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



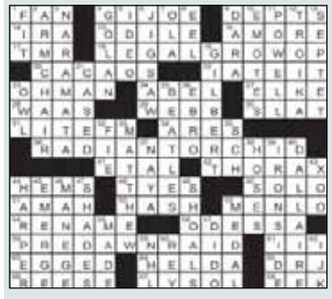
Across

1. Canadian singer of "Can't Choose" feat. Kardinal Offishall
5. NHL officials
9. Heel height unit
13. Overseas moneys
15. Medley
16. Casanova
17. Express
18. Canadian talk show icon who early on piloted a helicopter as a traffic reporter: 2 wds.
20. "SCTV" polka duo, The __ Brothers
22. Certain constellation
23. She's opposite
24. Dietary letters
25. Actress Sharon
27. Pairs
30. Lady's love
32. F's music equivalent, _ __
36. Bob & Doug interjections
37. WWI: Canada's coming of age on the world stage
39. Pointing-an-arrow person
40. Route 99's other name in BC: 4 wds.
43. Popeye creator, E.C. __
44. White wine of Italy
45. Fuss
46. Smart __ (Wise guys)
48. Which person?
49. Martha of "Some Came Running" (1958)
50. Writer, Madame de __ (b.1766 - d.1817)
52. Actor Stephen
54. Elvis record label
57. Not their
58. Needle
62. CBC, e.g.: 2 wds.
65. People of the Arctic
66. Fever symptom
67. Novelist Ms. Ferber
68. Canadian lingerie retailer, La __
69. Autoshop repair
70. Rockefeller Center muralist
71. "Begone!"

Down

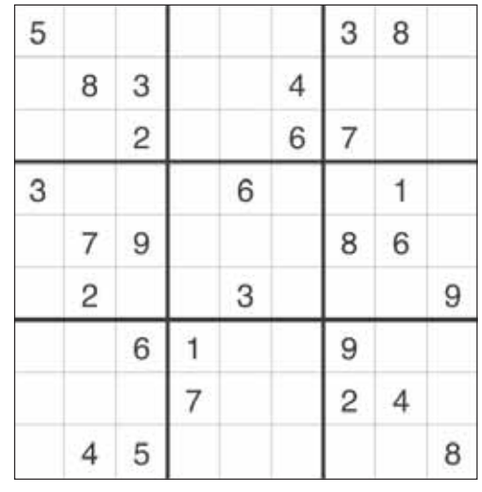
1. Ms. Simpson, to pals
2. Baseball's Babe
3. Apothecary weight
4. Diarists
5. Drove
6. Yalie
7. Last
8. Evening party
9. Pique
10. Chris of "Sex and the City"
11. Aww-inspiring :)
12. Canadian luggage brand since 1986
14. Post
19. The Northwest __
21. Heaves
25. Englishman Archibald Belaney (b.1888 - d.1938) ...during his life in the Ojibwa culture in Canada: 2 wds.
26. __-Tzu
27. W Network's current docu-series "__ & Scott" about Canada's ice dancing champs
28. Tire
29. Meryl Streep/ Julia Roberts movie, "August: __ County"
31. Annoys
33. Direct selling company
34. Novelist Charles' bookish surname (b.1814 - d.1884)
35. Comic legend Richard
37. Saskatchewan city
38. Ex-ruler of Iran
41. Tie accessories
42. Soap brand
47. Food toppers
49. Metric singer Emily
51. Show wear due to wind and rain
53. Greek goddess of discord
54. Carangid fish
55. Press
56. Sentence part
58. Tiff
59. Now, to Nero
60. Pyramids place
61. Louisiana, for one, in French
63. Drenched
64. Time off, slang-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	2	5	7	9	1	6	4
4	9	7	2	1	6	3	5	8
6	1	5	4	3	8	7	9	2
2	8	1	3	5	7	6	4	9
7	5	4	6	9	1	2	8	3
9	6	3	8	2	4	5	1	7
5	7	9	1	4	2	8	3	6
1	2	8	9	6	3	4	7	5
3	4	6	7	8	5	9	2	1

Today
8°/3°
Sunny

Friday
9°/4°
Partly cloudy

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Check the 14 day trend.
TWN incorporates MSC data

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